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Synopsis Books:

Would you like to see more success with your weight loss goals? In this book, we will introduce tools and concepts that will accelerate your achievement and give you greater self-satisfaction and confidence. This book won't require you to change everything about your life. Instead, it looks at what you already know to help you make small changes that result in life-long results. Only you know the changes to your eating habits or physical activity level that will work. So read through this short book to find what works for you, and commit to giving it all you've got. Take Control. Take Charge. It's Time to Succeed.

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